

COOK with SITHNEY

Here are Sithney's recipes for the fish dishes mentioned in *The Mousehole Cat*.

He hopes they give you some inspiration for your dinner tonight!

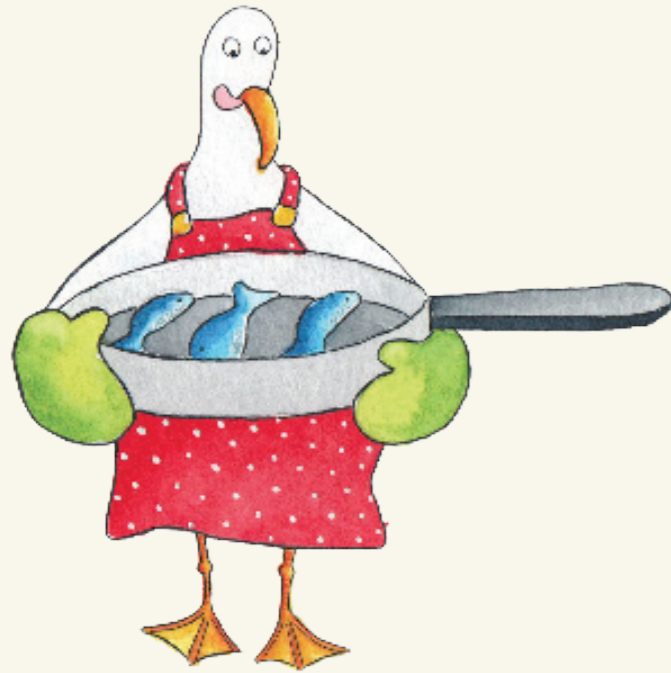
KEDGEREE

Kedgeriee is a mixture of smoked ling, boiled rice, parsley, hard boiled eggs, curry powder and butter or cream.



GRILLED FAIRMAIDS

Grilled Fairmaids are the same as grilled Pilchards. Lovely with a few fresh vegetables.

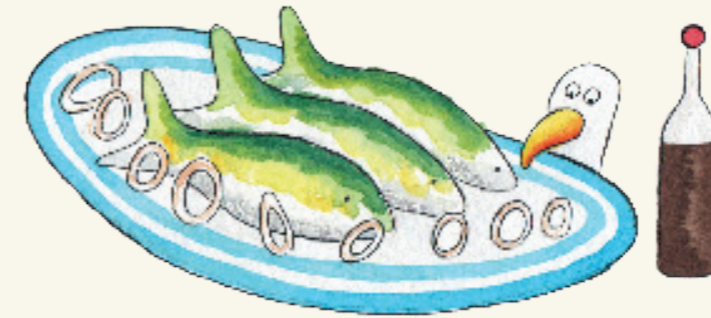


STARGAZY PIE

Stargazy Pie is made with Pilchards, boiled eggs and onions. The heads of the fish, poke out of the pastry, towards the sky.

FRIED LANCES

Fried Lances taste yummy with a knob of butter and a squeeze of lemon.



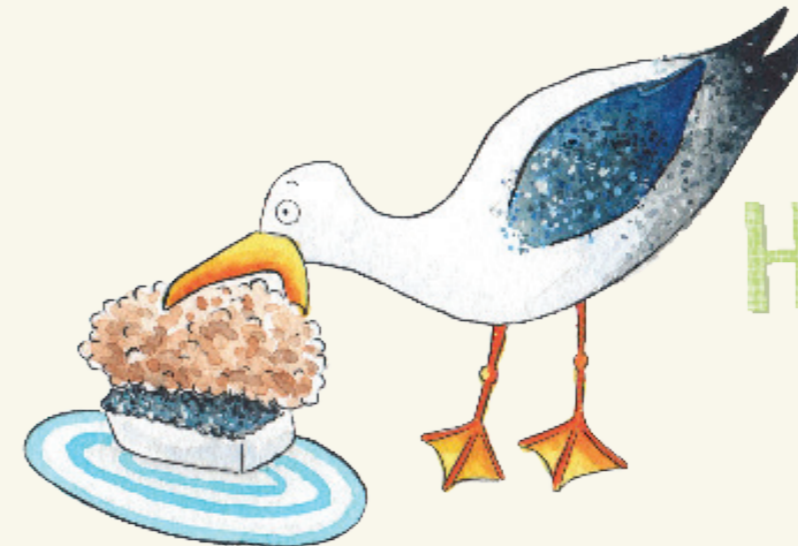
SOUSED SCAD

Fillets of Scad are cooked in a casserole dish with sliced onions and a drizzle of vinegar.



MORGY BROTH

A Cornish fish stew made with Dogfish.



HAKE & MASH

Fillet of Hake topped with mashed potato.